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SWOSU BULLDOG WELLNESS

Newsletters

April 2017

SWOSU Bulldog Wellness Committee

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SWOSU

BULLDOG WELLNESS

April 2017

Prunes Can Prevent and Reverse Bone Loss

Several studies show that eating prunes can reduce biomarkers of bone loss and build bone density—probably by decreasing bone-damaging oxidation and inflammation. In fact, scientists at Florida State University who conducted the research call prunes “the most effective fruit in preventing and reversing bone loss.”



Headaches?

Low levels of Vitamin D are linked to chronic headaches, we hear from Jyrki Virtanen, PhD. Men with levels below 50 nmol/l were more likely to report chronic headaches... and those with the lowest levels were more than twice as likely to have headaches as those with the highest levels. If you often have headaches, have your doctor check your vitamin D level. If your level is low, you may need supplements.



Jyrki Virtanen, PhD, is adjunct professor of nutritional epidemiology at Institute of Public Health and Clinical Nutrition, University of Eastern Finland, Kuopio.

Weight Watchers Now Available for SWOSU Employees and Insured Dependents @ ½ the Cost!

Meetings held on Tuesdays at noon – contact Janet Slagell for more information! (580) 774-7023
janet.slagell@swosu.edu



Alzheimer's Risk May be Cut by Blood Pressure Medicines

People with mild thinking and memory

difficulties who took an angiotensin-converting-enzyme (ACE) inhibitor, such as *captopril* or *Lisinopril*...or an angiotensin-receptor blocker (ARB), such as *losartan* or *valsartan*... were less likely to develop Alzheimer's disease than similar patients taking other hypertension drugs. More research is needed, but if you are taking a medication for high blood pressure, ask your doctor if switching to an ACE or ARB drug is appropriate.

Analysis of the medical records of 784 patients with high blood pressure and mild cognitive impairment by researchers at Emory University, Atlanta, presented at the recent Alzheimer's International Conference 2015, Washington, DC.

Don't Miss the Great Work-outs Available for Employees!

Pilates T & Th @ 7:30-8:00, Wellness Aerobic Room. Mats are provided!

Water Aerobics M-W @ 5:30pm- 6:30pm.

Don't forget, personal trainers are still available!

Contact Dr. Amber Sturgeon @ (580) 774-7059



Just a few nuts a day may lower disease risk

In a review of studies, people who ate nuts had a 29% lower risk for coronary heart disease...21% reduce risk for cardiovascular disease...and 15% lower risk for cancer. Nut eaters also had a 52% lower risk for respiratory disease...39% lower risk for diabetes...and 75% reduced risk for infectious disease. Most risk reduction for all diseases occurred in people who ate just one ounce of nuts per day—about two dozen almonds or 15 pecan halves.

Review of data from 20 prospective studies led by researchers at Imperial College London, UK, and Harvard T.H. Chan School of Public Health, Boston, published in BMC Medicine.

Biggest Loser Ends with Six Winners



1st Place – Renae Bagzis
2nd Place – Kristin Griffeth
3rd Place – Kendra Brown

1st Place – Bruce Belanger
2nd Place – Terry Ford
3rd Place – Robin Griffeth

Move of the Month

Step Up Your Workout!

Try step aerobics for a heart-pumping workout at work or home. All you need is a staircase or sturdy platform that's one foot off the ground, and you are ready to burn about 10 calories per minute! Step onto the platform with your left foot. Bring your right foot up and lift leg to a 90-degree angle. Lower right foot to the ground. This is one rep. Do 20 reps on each leg. For a challenge, hold a pair of dumbbells.

Move and image courtesy of FitSugar.com.



If you take multiple medications and/or supplements, let us help with a review!



Make sure your medications are all compatible with each other as well as what kind of side effects to expect with a free and confidential

review from our Pharmacy Department. Contact Sarah Yount, PharmD, sarah.yount@swosu.edu
Phone: 580.774.6042, Fax: 888.978.7603

Recipe of the Month



Foil Packet Ranch Chicken

- 2 cups Minute brown rice, uncooked
 - 1 $\frac{3}{4}$ cups warm water
 - 4 small boneless skinless chicken breast halves (1 lb.)
 - $\frac{1}{4}$ cup ranch dressing
 - 1 $\frac{1}{2}$ teaspoons chili powder
 - $\frac{1}{2}$ cup 2% milk shredded reduced-fat sharp cheddar cheese
 - 4 cups small broccoli florets
 - 1 medium red pepper, chopped
1. PREHEAT oven to 400°F
 2. Combine rice and water; let stand 5 minutes.
 3. Spoon evenly onto centers of four large sheets of heavy-duty foil; top each with 1 chicken breast half. Sprinkle evenly with chili powder. Drizzle with dressing; top with cheese and vegetables.
 4. Bring up foil sides. Double-fold top and both ends to seal each packet, leaving room for heat circulation inside.
 5. Place in single layer on a baking sheet.
 6. BAKE 25 to 30 minute or until chicken is cooked through (170°F).

Serving Size: 1 (402 g)
Servings Per Recipe: 4
Amount Per Serving %
Daily Value Calories 319.5
Calories from Fat 113 36%
Sugars 1.8 g 7%
Protein 32.4 g 64%

Total Fat 12.7 g 19%
Saturated Fat 2.6 g 13%
Cholesterol 83.4 mg 27%
Sodium 428 mg 17%
Total Carbohydrate 19.1 g 6%
Dietary Fiber 2 g 7%
Total Fat 12.7 g 19%
Saturated Fat 2.6 g 13%

For all the Weight Watchers starting this month, here is a great collection of recipes!

<http://www.food.com/ideas/healthy-6501/weight-watchers-diet-recipes-6497>